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Book 1



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VIKAS

RHYMES FOR RHYTHM

Book 1 : Standard I

By
Mabel Aranha
and
A. Sivaram, M. A.



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VIKAS PROGRESSIVE POETRY BOOKS

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FOR JUNIOR AND SENIOR K.G.**

2. VIKAS RHYMES FOR RHYTHM

Part I : Standard I

Part II : Standard II

Part III : Standard III

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PREFACE

Gone are the days, when poetry was used as a mere tool for memory training, through the mechanical repetition of hundreds of lines. The sole purpose of learning poetry today in the elementary classes is to enjoy it. The music of words, the thrill of the galloping rhymes and the smooth rhythm should create an atmosphere which the child loves, providing him with an exhilarating sense of aesthetic pleasure. From such a sense of harmony it is possible to lead the child to the realms of creative aspiration in thought and word.

To the child of today, the world of flowers and animals, trees, toys and people have greater significance than the elusive world of elves and fairies. Let him seek charms and miracles in the streets and country scenes, the beaches he traverses and the people he meets. Let him hear music in the sighing of the winds, the rustle of the leaves, the whirring of the wheels and, of course, in the weaving of words.

There are, in all, 4 books in this series, graded to be well within the capacity of the respective age group. The teacher is the best judge as to which poem should be chosen for the moment for easy acceptance by the children. The poems in books 3 and 4 are arranged in groups with a continuous background running through each group. The questions at the end will guide the child to a better appreciation of each poem. Some of the poems appear for the first time in a school anthology. They are based on familiar situations and are intended to stimulate the response of children favourably to varying environment.

Let poetry bring smiles to the faces of your children. Let them choose freely and recite those lines they wish. Let us give them an opportunity to express themselves in song and verse.

Mabel Aranha
and
A. Sivaram M. A.

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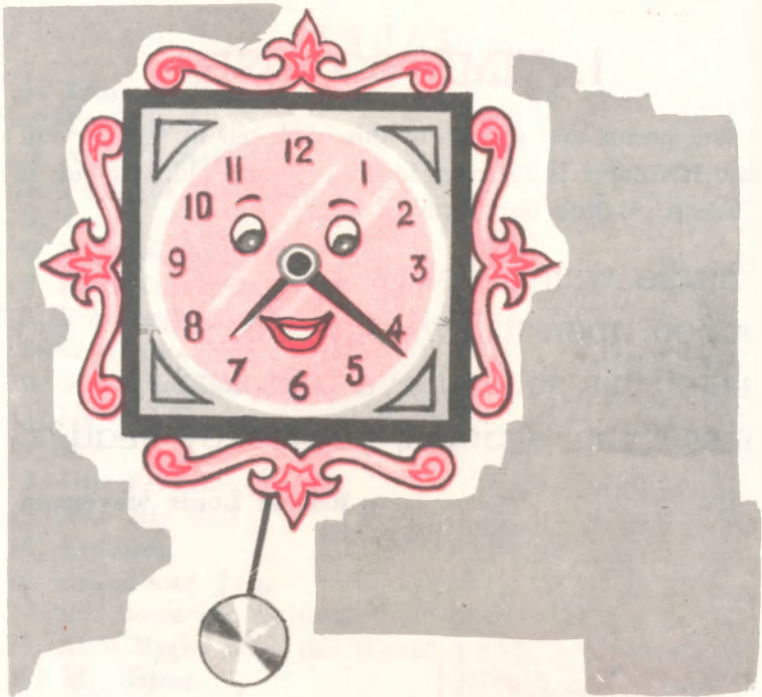
1. TIME TO RISE

(The poems and rhymes in this book tell us the story of a boy. His name is Anand. He is six years old. Anand is fast asleep. A little bird awakens him.)

A birdie with a yellow bill
Hopped upon the window sill,
Cocked his shining eye and said :
"Aren't you 'shamed, you sleepy head?"

- Robert Louis Stevenson





2. THE CLOCK

(Anand gets up. He looks at the clock on the wall. He hears what the clock says.)

Tick, tick, tick, tick,
Merrily sings the clock,
"It's time for play."
So it sings throughout the day.
Tick, tick, tick, tick,
Merrily sings the clock.



3. AFTER A BATH

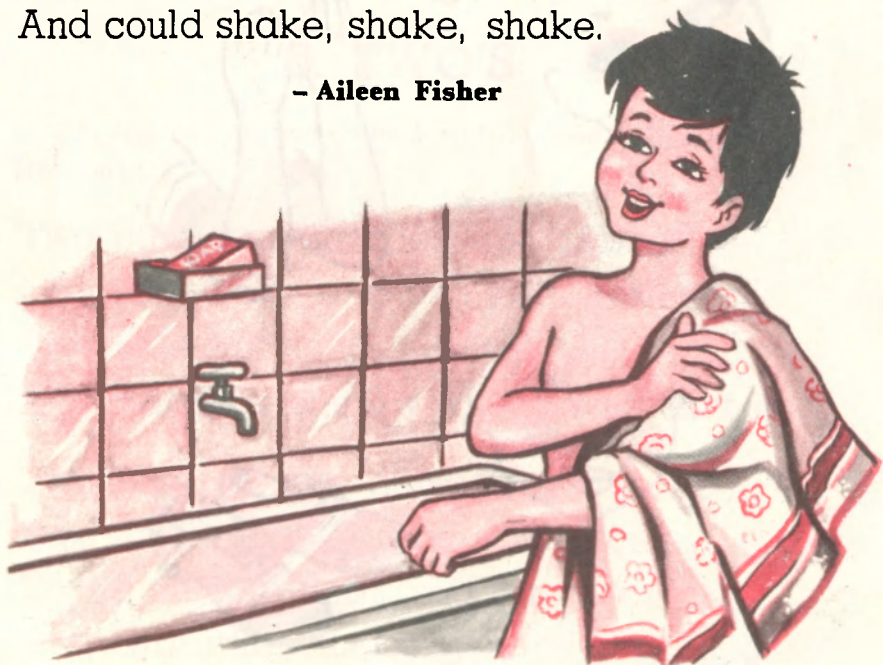
(Off to the bathroom for a good rub. Anand sings this song, when he wipes himself dry.)

After my bath,
I try, try, try
To wipe myself.
Till I'm dry, dry, dry.

Hands to wipe
And fingers and toes,
And two wet legs
And a shiny nose.

Just think how much
Less time I'd take,
If I were a dog
And could shake, shake, shake.

— Aileen Fisher





4. PARTS OF THE BODY

(Exercise keeps Anand strong and healthy. What are the things you can do with your body ?)

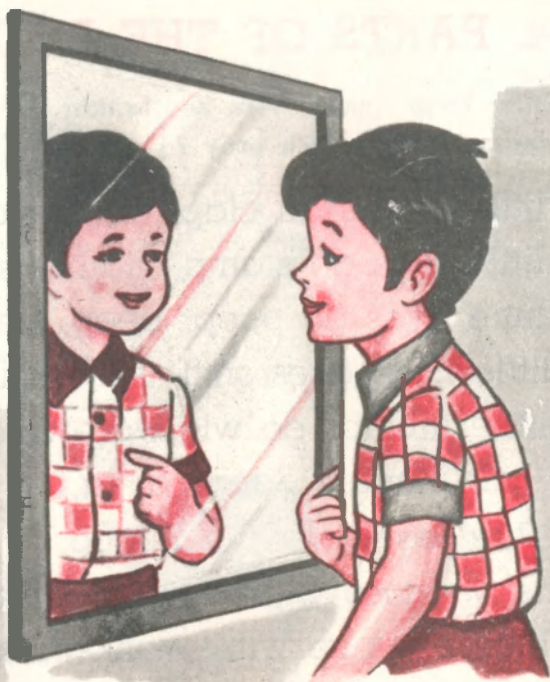
Two little hands go clap, clap, clap,
Two little legs go stamp, stamp, stamp,
Two little eyes go peep, peep, peep,
One little nose goes sniff, sniff, sniff,
Two little thumbs go wig-wag-wig.
Eight little fingers dance a jig,
Two little feet go clip-clop-clip,
Touch your toes with your finger tip,
Two little eyes go wink-wank-wink,
And two little ears hear ding-dong-ding.

5. TWO'S

(Anand can do many things with his body all day long. He is glad.)

Two little eyes to open and close,
One little head and one little nose,
Two little lips and one little chin,
And two little cheeks with a rose shut in.

Two little elbows, dimpled and sweet,
Two little shoes and two little feet,
Two little ears that long for a song,
And two little hands, busy all day long.



6. EVERYBODY SAYS

(“Anand looks like his parents,” say the visitors. But he would rather be like himself.)

Everybody says,
I look just my mother.
Everybody says,
I'm the image of Aunt Bee.
Everybody says,
My nose is like my father's,
But I want to look like me !

— Dorothy Aldis



7. BREAKFAST TIME

(It is time for breakfast. Anand must hurry, if he is to reach the school in time.)

The sun is always in the sky,
Whenever I get out of bed.
And I often wonder why.
It's never late — my sister said,
She didn't know who did the trick,
And she didn't care a bit,
And I would eat my porridge quick,
— I think it's mother wakens it.

— James Stephens



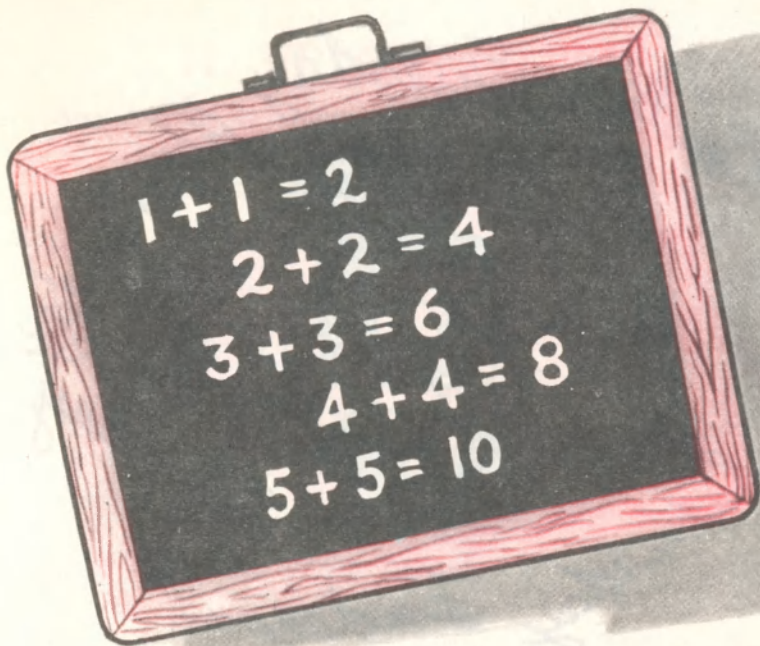
8. THE LITTLE BROTHER

(At the breakfast table, Anand's sister Sonia points to their baby brother. Do you have a little brother ?)

I am his sister,
And he is my brother.
We feel ever eager
To talk to each other.

Each morning, I show him
My doll and my book.
And each morning, dear "Jim"
Is too tiny to look.





9. ONE PLUS ONE

(Anand learns addition at school. He amuses his brother.
He enjoys doing addition at the same time.)

One plus one is two,
One for me and one for you.
Two plus two is four,
If you like let's have more.
Three plus three is six,
Now we are in a fix.
Four plus four is eight,
Well, I will get that straight.
Five plus five is ten,
Now let's do it all again.



10. SOLOMON GRUNDY

(Anand and Sonia learn the names of the seven days of the week.)

Solomon Grundy,
Born on a Monday,
Christened on Tuesday,
Married on Wednesday,
Took ill on Thursday,
Worse on Friday,
Died on Saturday,
Buried on Sunday :
That was the end
Of Solomon Grundy.

11. UP AND DOWN

(Anand wishes his mother good bye when he leaves home.)

Nod your head,
Bend your knees,
Grow as tall as Xmas trees.
On your knees,
Slowly fall,
Curl yourself
Into a ball,
Raise your head,
Jump up high,
Wave your hand
And say, 'Good-bye.'

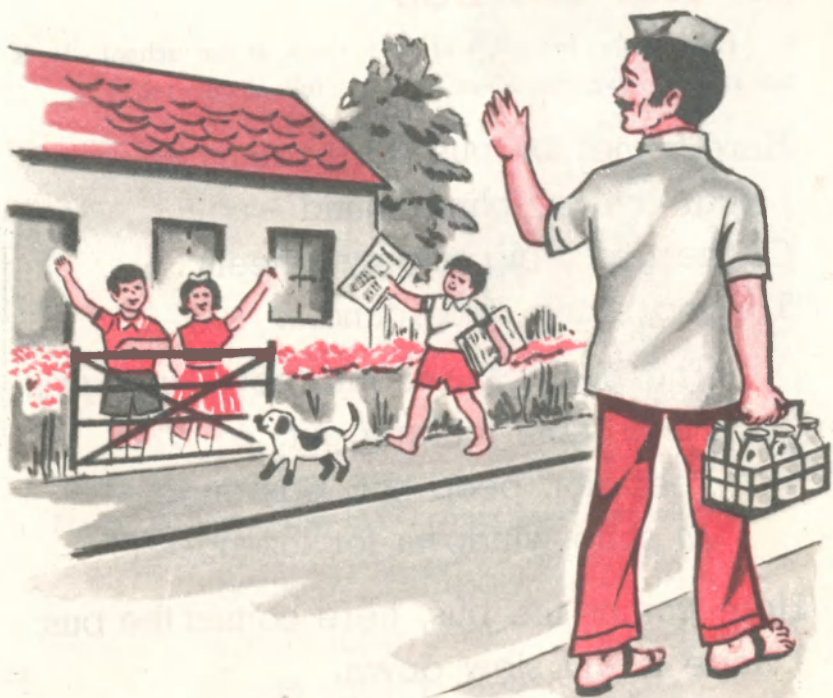


12. ME

(Little feet are for running down the street. Anand and Sonia run for the bus.)

This is my elbow,
This is my arm.
My smile has charm
As I make a bow.
This is my finger,
This is my thumb,
Now I'm near Mum
And ready to go.
This is my heel,
This is my toe.
Let's stamp our feet,
And off we'll go.





13. OUR FRIENDLY STREET

(They know all the people in their street. They greet every one on their way.)

"Hi," "Hello," "Good morning,"
All the friendly people say;
The milkman and paper boy
Who pass our house each day;
The baker, the cleaner,
The man who brings the mail,
And even Mr. Stephen's dog
Wags "Hello" with his tail.

14. THE BIG BUS

(Here is the bus. It will take them to the school. It is fun riding down the street in a bus full of children.)

Here comes the bus, here comes the bus;
I hear the rumbling sound
Of the great big mighty wheels
Turning round and round.

The bus is filled with boys and girls.
I see them looking out.
Peep not, peep not, passengers !
At shop windows for lozenges !!

Here comes the bus, here comes the bus;
I hope it will slow down.
O conductor ! I'll make no fuss,
But ride right into town.





15. LOLLIPOP

(During the break, they have currant cakes and lollipops.)

Lollipop, lollipop,
On a long stick,
I just take a lick,
I just take a bite,
I soon eat my lollipop,
On a long stick.





16. BREAD AND JAM

Slice, slice, the bread looks nice,
Spread the butter on each slice.
On the top put jam so sweet,
Now, it's nice for us to eat.





17. IF I WERE AN APPLE

(Sometimes mother gives Anand an apple. He loves apples.
An apple a day keeps the doctor away.)

If I were an apple
And grew on a tree,
I think I'd drop down
For a nice boy like me.

I wouldn't just hang there
Giving you no joy;
I'd drop down and dare
To say "Eat me, my boy."



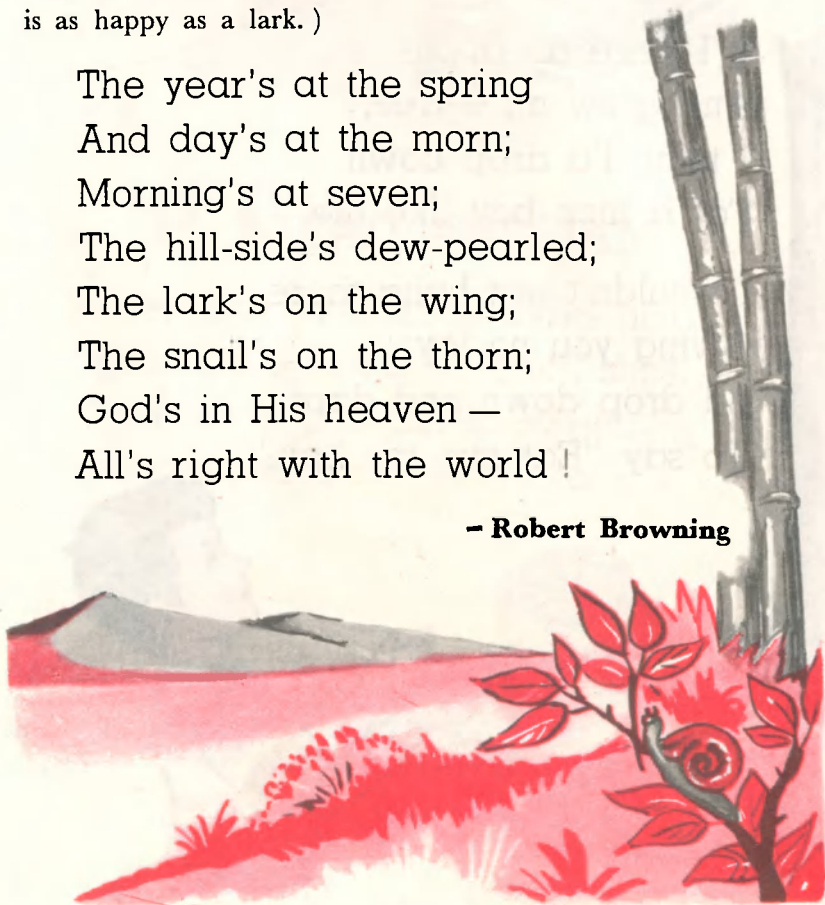


18. ALL'S RIGHT WITH THE WORLD

(Anand loves the morning sun. He looks at the sun. He is as happy as a lark.)

The year's at the spring
And day's at the morn;
Morning's at seven;
The hill-side's dew-pearled;
The lark's on the wing;
The snail's on the thorn;
God's in His heaven —
All's right with the world !

— Robert Browning



19. MY KITTEN

(Sonia has a kitten, which never sits still.)

Frisky is my kitten,
She's very hard to catch,
And if I am not careful,
I'm sure to get a scratch !

I put my arms around her,
But, what do you suppose ?
Frisky just wiggles
From head to her toes.





20. MOON, COME OUT

(It is evening. The sun is setting. The moon is up. Anand looks up at the sky. He calls out to the moon.)

Moon, come out,
And sun, go in;
Here's a soft blanket
To cuddle your skin.

Moon, go in,
And sun, come out;
Throw off the blanket
And bustle about.



21. MY SHADOW

(Now the shadows come out. Anand's shadow follows him wherever he goes. Will it be there in the morning ?)

I have a little shadow
That goes in and out with me,
And what can be the use of him
Is more than I can see.

He is very, very like me,
From the heels up to my head,
And I see him jump before me,
When I jump into my bed

- Robert Louis Stevenson



22. MY BED

(Anand is tired. He is ready to go to bed. He has his own little bed.)

I have a little bed,

Just for me.

Brother's too big for it.

Mummy's too big for it.

Daddy's too big for it.

Do you see ?

I have a little bed.

Do you see ?

But, puppy's too small for it.

Pussy's too small for it.

Baby's too small for it.

It's just for me.

— E. Manson Scott

23. GROWING

(Do children really grow when they sleep ? People say so. Anand just fits into his bed. Soon he will grow and grow and find the bed too small for him.)

I am now tall enough

To reach across the bed;

I put my toes on one side,

On the other is my head.

— L. J. Stiles



24. I GROW



Flowers grow like this
(Cup hands)



Trees grow like this,
(Spread arms)



I grow
(Jump up and stretch)
Just like that !

25. THE WIND

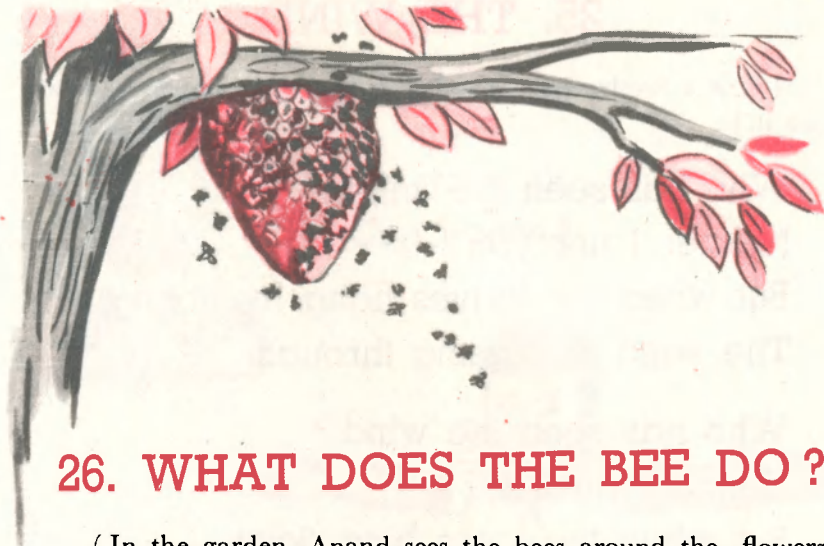
(It is a lovely day. Anand feels the wind, but he cannot see it.)

Who has seen the wind?
Neither I nor you!
But when the leaves hang trembling,
The wind is passing through.

[illegible]

— Christina Rossetti





26. WHAT DOES THE BEE DO ?

(In the garden, Anand sees the bees around the flowers.
He thinks of father, mother and baby..)

What does the bee do ?

Brings home honey.

And what does father do ?

Brings home money.

And what does mother do ?

Pay out the money.

And what does baby do ?

Eat up the honey.

— Christina Rossetti



27. THE ELEPHANT

(The elephant gives joy-rides to the children. He is huge, but he is gentle too.)

An elephant goes like this and that,
(pat knees)

He's terribly big, (hands up high)

And he's terribly fat, (hands out wide)

He has no fingers, (wriggle fingers)

And he has no toes, (touch toes)

But goodness gracious, what a nose !

(hand makes curling movement away from nose)





28. WHAT THEY LIKE

(The garden has ducks, dogs, bees and birds. The owls come out at night to eat the mice.)

"Moo," says Miss cow,
"I like hay."

"Bow-wow," says doggie,
"Bones any day."

"Milk," says pussy cat,
"And nice fried fish."

"I," says the bee,
"Sip honey where I wish."

"Quack," says mother duck,
"Worms are best of all."

"Mice are really nice,"
Says the owl on the wall.

Baby says, "Agow, agow"
I like bread and milk, I do !





29. DOGS

(There are many pets in the country; but Anand likes dogs the best. They are of different shapes and sizes.)

The dogs I know
Have many shapes,
For some are big and tall,
And some are long,
And some are thin,
And some are fat and small;
And some are little bits of fluff,
And have no shape at all.



30. SPARROWS

(Anand reaches home; he sees the sparrows hopping on his windows. It is time for the birds to rest. Anand tells them to stay, but they fly away.)

Two little sparrows singing in the sun,
One flew away and then there was one;
One little sparrow, very black and small,
He flew away and then there was the wall.
One little brick wall lonely in the rain,
Waiting for the sparrows to come and sing
again.

(Use forefingers for the birds. Use folded arms for the wall.)





31. AT THE ZOO

(Anand thinks of all the animals which he saw at the Zoo last week.)

A kangaroo at the Zoo

Went jump, jump, jump.

A rubber ball against the wall

Went bump, bump, bump.

A little frog upon a log

Went hop, hop, hop.

A racing horse around the course

Went clop, clop, clop.

A crowing cock upon a rock

Went flap, flap, flap.

A lucky boy who bought a toy

Went clap, clap, clap.

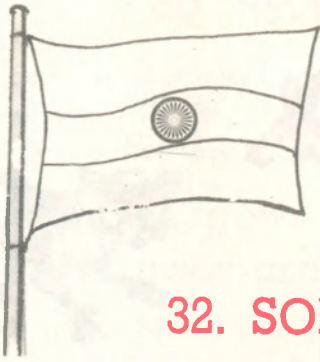
A tiny mouse around the house

Went creep, creep, creep

A lazy mole down in a hole

Went fast asleep.





32. SOLDIERS

(When Anand grows up, he would like to be a soldier.
He loves his country.)

See the soldiers in the street
Hear the marching of their feet;
They are singing as they go,
Marching, marching, to and fro.
See the soldiers in the street,
They fight to keep their country free.
(Children march around the class-room)



GAMES TO PLAY

1. A HANDY FAMILY

This is the father short and stout.

This is the mother with children about.

This is the brother; he looks taller than pa;

This is the sister on my side of ma;

And I am the baby; I too will grow;

And here is the family all in a row.

(Point to each finger in turn, starting with the thumb. The middle finger is mother.)

2. IN THE GARDEN

What do you suppose?

A bee sat on my nose.

(Join the tips of finger and thumb, to touch the bridge of the nose.)

Then what do you think?

He gave me a wink,

(Wink one eye.)

And said, "I beg your pardon,

I thought you were the garden."

(Make flying-away movements with hand.)

3. SQUIRRELS IN MY HAND

Ten little squirrels sat on a tree.

(*Show ten fingers.*)

The first two said, "Why, what do we see?"

(*Hold up thumbs.*)

The next two said, "A man with a gun."

(*Hold up forefingers.*)

The next two said, "Let's run, let's run,"

(*Hold up middle fingers.*)

The next two said, "Let's hide in the shade,"

(*Hold up the ring fingers.*)

The last two said, "Why, we're not afraid,"

(*Hold up the little fingers.*)

But BANG went the gun, and away they all ran!

(*Clap loudly and hide all fingers.*)

4. COBBLER

Cobbler, cobbler, mend my shoe;

(*Hammer with fists on knees.*)

Get it done by half past two.

Oh! my toe is peeping through,

(*Drum feet on floor.*)

Cobbler, cobbler, mend my shoe.

(*Hammer with fists on knees.*)

5. SOLDIERS AT HAND

Ten little soldiers stand up straight,

(*Hold up both hands, palms outwards.*)

Ten little soldiers make a gate,

(*Reverse hands, hold them downwards.*)

Ten little soldiers make a ring,

(*Hold hands with palms facing, little fingers and thumbs touching.*)

Ten little soldiers bow to the king.

(*Bend all fingers.*)

Ten little soldiers dance all day;

(*Wriggle all fingers.*)

Ten little soldiers run away.

(*Hide fingers behind back.*)

6. THE POLICEMAN

The policeman walks with heavy tread,

Left, right, left, right.

Swings his arms, holds up his head,

Left, right, left, right.

(*Mime as the words suggest.*)

7. PEOPLE

Mr. Lynn is very thin,

(*Palms close together.*)

Mr. Pratt is very fat,

(*Hands cupped together.*)

Mr. Cort is very short,

(*Hands near the ground.*)

Mr. Hall is very tall,

(*Hands stretched up high.*)

Mr. Dent is quite bent,

(*Hands bent in half.*)

Mr. Gait is very straight.

(*Hands stiffly upright.*)

8. FIVE PAIRS OF FRIENDS

1. Tommy Thumb, Tommy Thumb,

Where are you?

Here I am, here I am,

How do you do?

2. Pointer, Pointer, Where are you? etc.

3. Toby Tall, Toby Tall, etc.

4. Ruby Ring, Ruby Ring, etc.

5. Baby Small, Baby Small, etc.

6. Fingers All, Fingers All, etc.

Bring hands out from behind the back after 'Where are you' ?

1st verse : Wriggle both thumbs and make them bow on the last line.

2nd verse : Repeat, using index fingers.

3rd verse : Use middle fingers.

4th verse : Use ring fingers.

5th verse : Use little fingers.

6th verse : Use all fingers.

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